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The most popular styLe of Wushu

The most popular style of Wushu is **Changquan (Long Fist)**. It is widely regarded as the most popular and difficult Wushu event, requiring great speed, power, accuracy, and flexibility. Many professional athletes in China begin training in Changquan at a young age due to its prominence and technical demands[1] [2].

Changquan emphasizes long-range strikes, big leaps, spins, high kicks, and powerful punches, making it visually impressive and a core part of modern competitive Wushu routines[2]. It is often contrasted with other popular styles like Nanquan (Southern Fist), which focuses on strong stances and powerful hand techniques, and Taijiquan (Tai Chi), known for its slow, internal energy cultivation movements[1] [2].

Would you like to know more about how to train in Changquan or details on other popular Wushu styles?

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1. http://www.wushu-olympics.com/wushu.html
2. https://martialartsmatrix.com/wushu-styles/